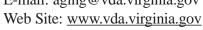
#### **For More Information, Contact:**

#### Virginia Department for the Aging

1610 Forest Avenue, Suite 100 Richmond, VA 23229 Toll-free: 1-800-552-3402

Richmond: 804-662-9333

E-mail: aging@vda.virginia.gov



#### **Virginia Department of Agriculture** and Consumer Services

Division of Marketing 1100 Bank Street, Room 908 Richmond, VA 23219

Richmond: 804-786-2112

Web Site: www.vdacs.virginia.gov

#### Information on locallygrown Virginia produce

Web Site: www.virginiagrown.com

## **United States Department of Agriculture Food and Nutrition Services**

3101 Park Center Drive Alexandria, Virginia 22302

Web Site: www.fns.usda.gov/wic/

SeniorFMNP/SFMNPmenu.htm

# Farm Market Fresh For Seniors



Virginia's Senior Farmers Market **Nutrition Program** 









## What is Farm Market Fresh For Seniors?

Virginia's Farm Market Fresh for Seniors program helps seniors get free, locally-grown fresh fruits, vegetables and cut herbs available during the growing season.







### How does Farm Market Fresh for Seniors Work?

- You are eligible to participate in the program if you meet the criteria outlined below and if you enroll during the PRE-ENROLLMENT period. Participation is on a FIRST-COME, FIRST-SERVED basis, and the number of people who can enroll is limited. Not all regions within a service area are eligible to participate in the program, so contact your local Area Agency on Aging (AAA) for more information.
- Once you are enrolled, you will receive your Farm Market Fresh for Seniors coupons. Each coupon is worth \$5.00. Individuals enrolled in the program will receive \$40.00 worth of coupons. Enrolled couples will receive \$65.00 worth of coupons.
- Each \$5.00 coupon may be used to purchase fresh, locally-grown fruits, vegetables and cut herbs from participating certified retail farmers market vendors. You will not receive change back on your purchase when you use a Farm Market Fresh for Seniors coupon.
- Certified retail farmers market vendors will exchange coupons for fresh fruits and vegetables in-season, depending on the season and the food items available for the farmer to exchange.

# Why should I participate in the "Farm Market Fresh for Seniors" program?

- To get FRESH, TASTY and NUTRITIOUS locally-grown fruits, vegetables and cut herbs at no cost to you.
- To get 5 or more daily servings of tasty fruits and vegetables for better health.
- To support the farmers in your region.



# Do I qualify?

If all of the statements shown below are true, then you qualify to participate.

- Your region participates in the program (call your local Area Agency on Aging to find out if your region participates.)
- You are 60 years of age or older.
- You are a Virginia resident.
- You do not live in the same household as the farmer who grows the produce.
- You are not an immediate family member of the farmer who grows the produce.
- You meet the program's income requirements.



## How do I sign up?

Call your local Area Agency on Aging (AAA - see the list shown below.) If you qualify, sign up as quickly as possible, as participation is **LIMITED.** 

For Southwest Virginia, call:

Appalachian Agency for Senior Citizens, Inc.1-800-656-2272 orIf you live in216 College Ridge Rd., Wardell Ind. Park276-964-4915Russell or TazewellCedar Bluff, VA 24609-0765counties.

OR

District Three Senior Services1-866-820-2646 orIf you live in4453 Lee Highway276-783-8158Bland, Carroll,Marion, VA 24354-4269Grayson, SmytWashington or

Grayson, Smyth, Washington or Wythe counties, or the cities of Bristol or Galax.

For Arlington County, call:

Arlington Agency on Aging

703-228-1700

3033 Wilson Blvd., Suite 700-B Arlington, VA 22201

For Southeastern Virginia, call:

Senior Services of Southeastern Virginia 757-461-9481 6350 Center Drive, Bldg. 5, Suite 101

Norfolk, VA 23502-410

For Eastern Shore of Virginia, call:

Eastern Shore Area Agency on AgingCommunity Action Agency, Inc.
757-787-3532

49 Market Street

Onancock, VA 23417-0008

For Shenandoah Valley, call:

Valley Program for Aging Services, Inc. 325 Pine Avenue

Waynesboro, VA 22980-0603

For Southern Virginia, call:

Southern Area Agency on Aging, Inc. 433 Commonwealth Boulevard E, Suite A Martinsville, VA 24112-2020 TO S

1-800-868-8727 or

1-800-468-4571 or

540-949-7141

276-632-6442

The Virginia Farm Market Fresh for Seniors Program is funded through a grant from the USDA and locally sponsored by the Virginia Department for the Aging and the Virginia Department of Agriculture and Consumer Services in partnership with the Virginia Department of Health Cardiovascular Health Program.

#### What's in season?

These are typical fruits and vegetables that may be found at Virginia's retail farmers markets in a normal season. The varieties, volume and quality of available produce may vary depending on the weather and other factors. Farm Market Fresh coupons may be used only for these typical, locally-produced fresh fruits, vegetables and cut herbs.

#### VEGETABLES FRUITS

Broccoli
Cabbage
Blackberries
Cucumbers
Cantaloupe
Eggplant
Greens
Peaches
Green peppers
Strawberries

Green peppers Strawberries
Lima beans Tomatoes
Pumpkins Watermelons

Potatoes - Irish or round white

Snap beans

Spinach

Squash -fall, winter or summer

Sweet corn Sweet potatoes

#### **OTHER PRODUCE**

Fresh cut herbs